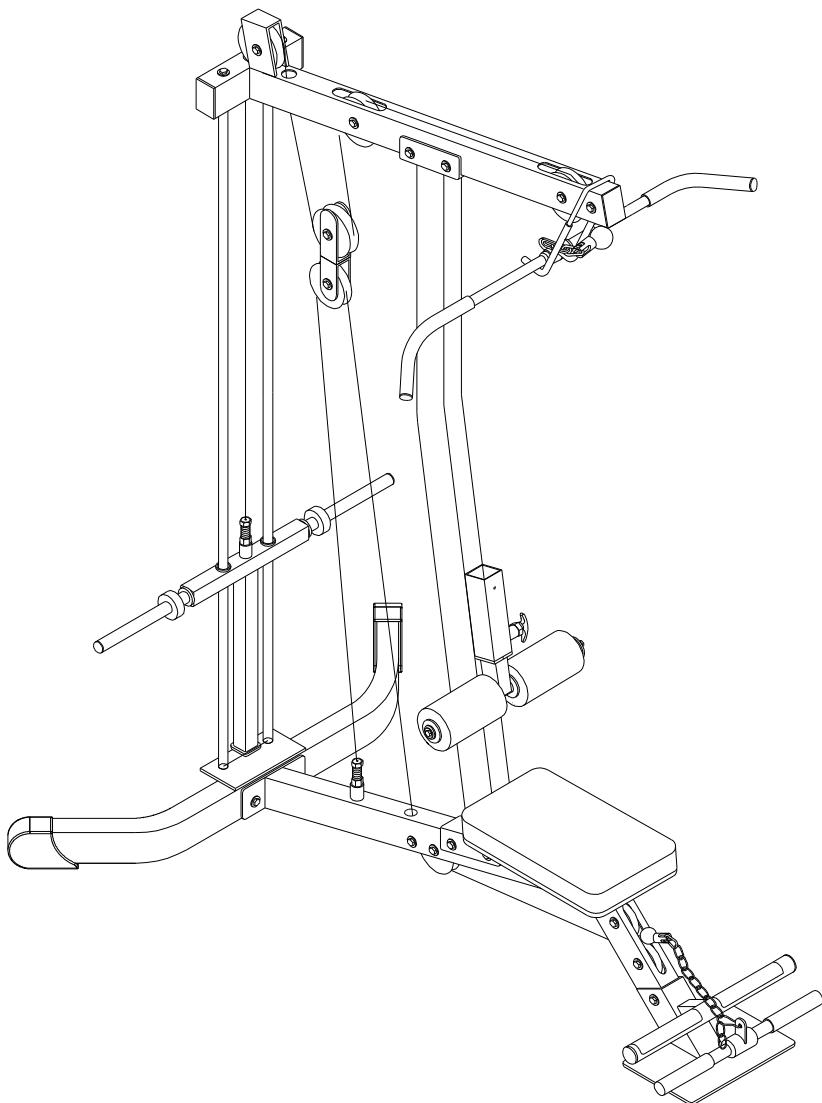


OWNERS MANUAL

HOIST

HF4201

LAT PULLDOWN / LOW ROW



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(619) 578-7676

CATALOG NUMBER

1205-000

Fax
(619) 578-9558

ASSEMBLY
M A N U A L

CONTENTS

<i>INSTRUCTIONS</i>	2
<i>PRE-INSTALLED PARTS</i>	3
<i>FRAME ASSEMBLY</i>	4
<i>CABLE INSTALLATION</i>	5
<i>WEIGHT STACK OPTION</i>	7
<i>PARTS LIST</i>	8
<i>HARDWARE LIST</i>	9
<i>BOLT SIZING CHART</i>	10
<i>WASHER SIZING CHART</i>	11
<i>DECAL REFERENCE</i>	12
<i>MAINTENANCE SCHEDULE</i>	13
<i>GENERAL MAINTENANCE</i>	14
<i>LIMITED WARRANTY</i>	16

ASSEMBLY

MANUAL

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on .

TOOLS REQUIRED

Socket Wrench

7/16", 1/2", 9/16", and 3/4" Sockets

Crescent Wrench

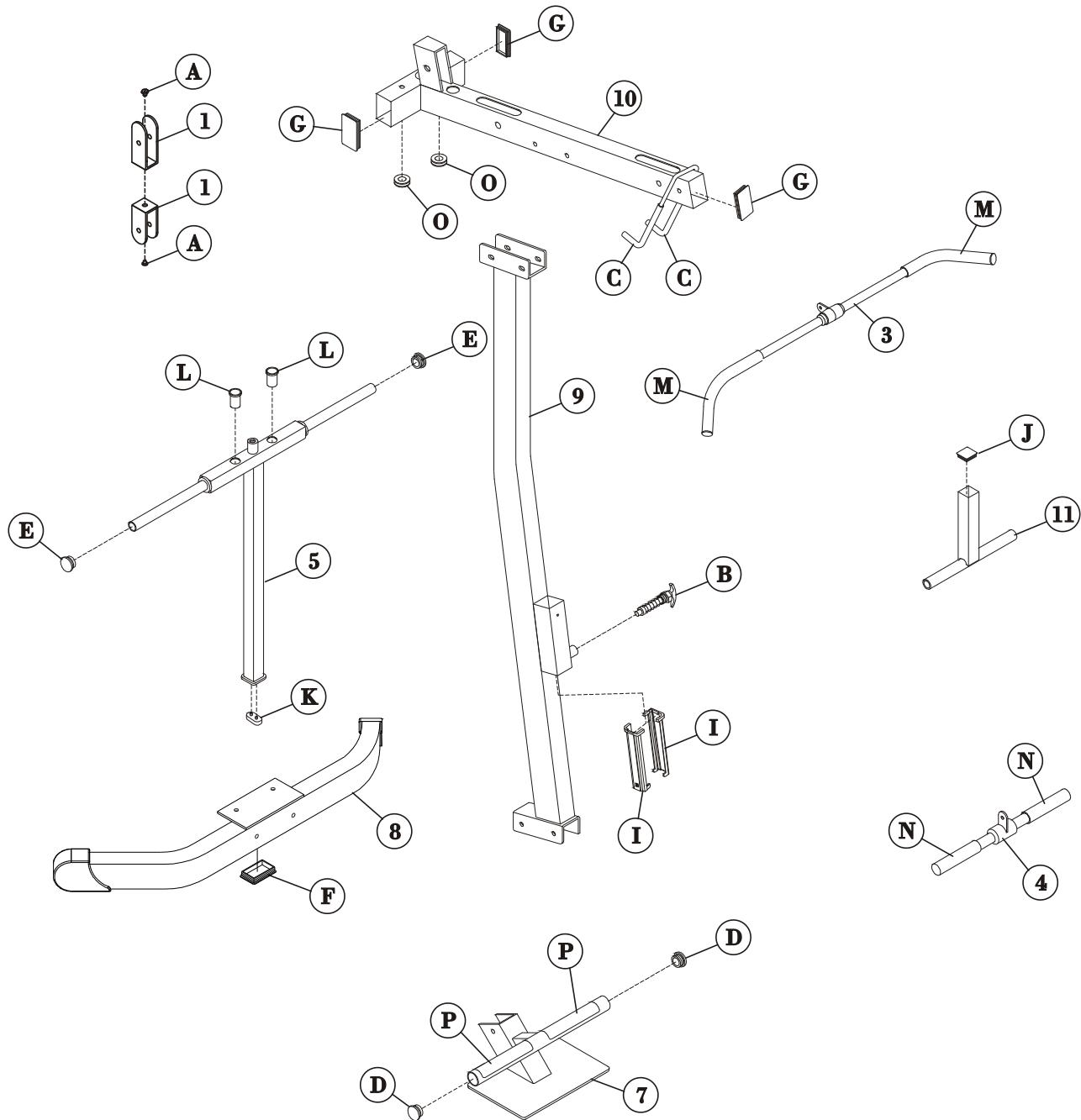
Rubber Mallet

Tape Measure

ASSEMBLY

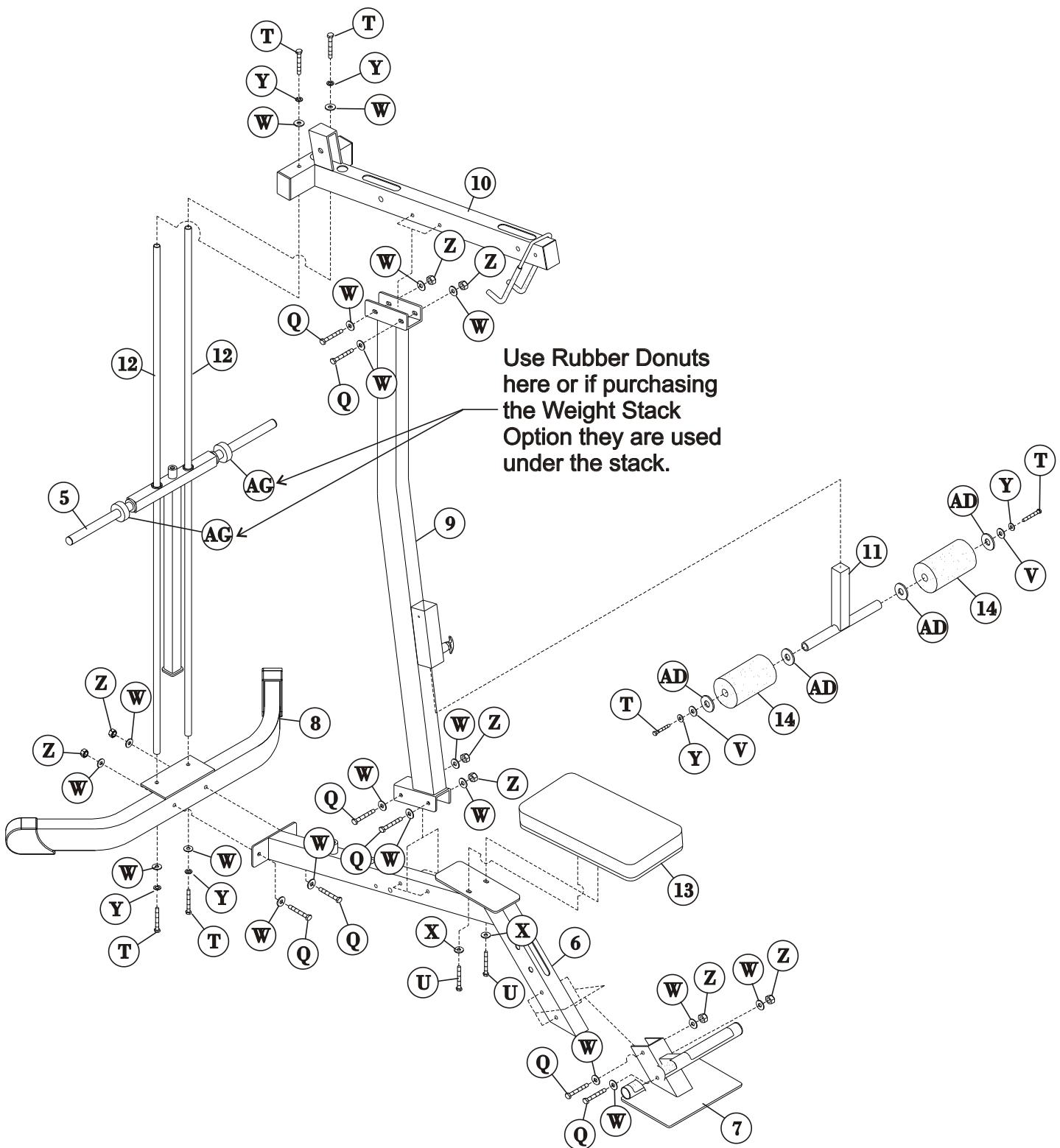
M A N U A L

PRE-INSTALLED PARTS



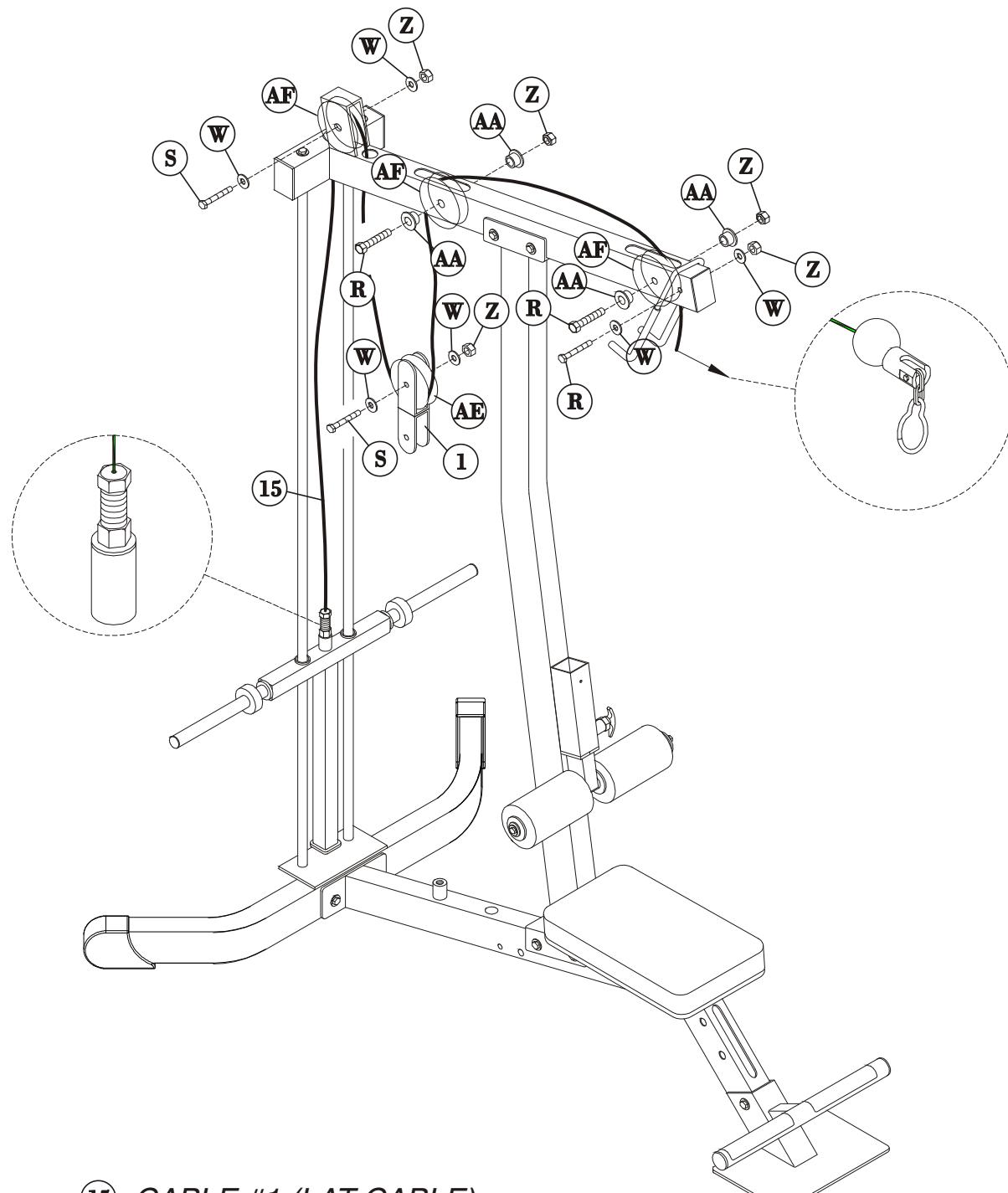
ASSEMBLY

MANUAL

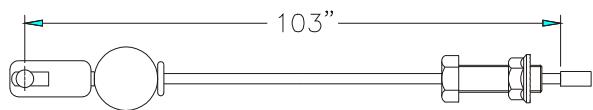


ASSEMBLY

MANUAL

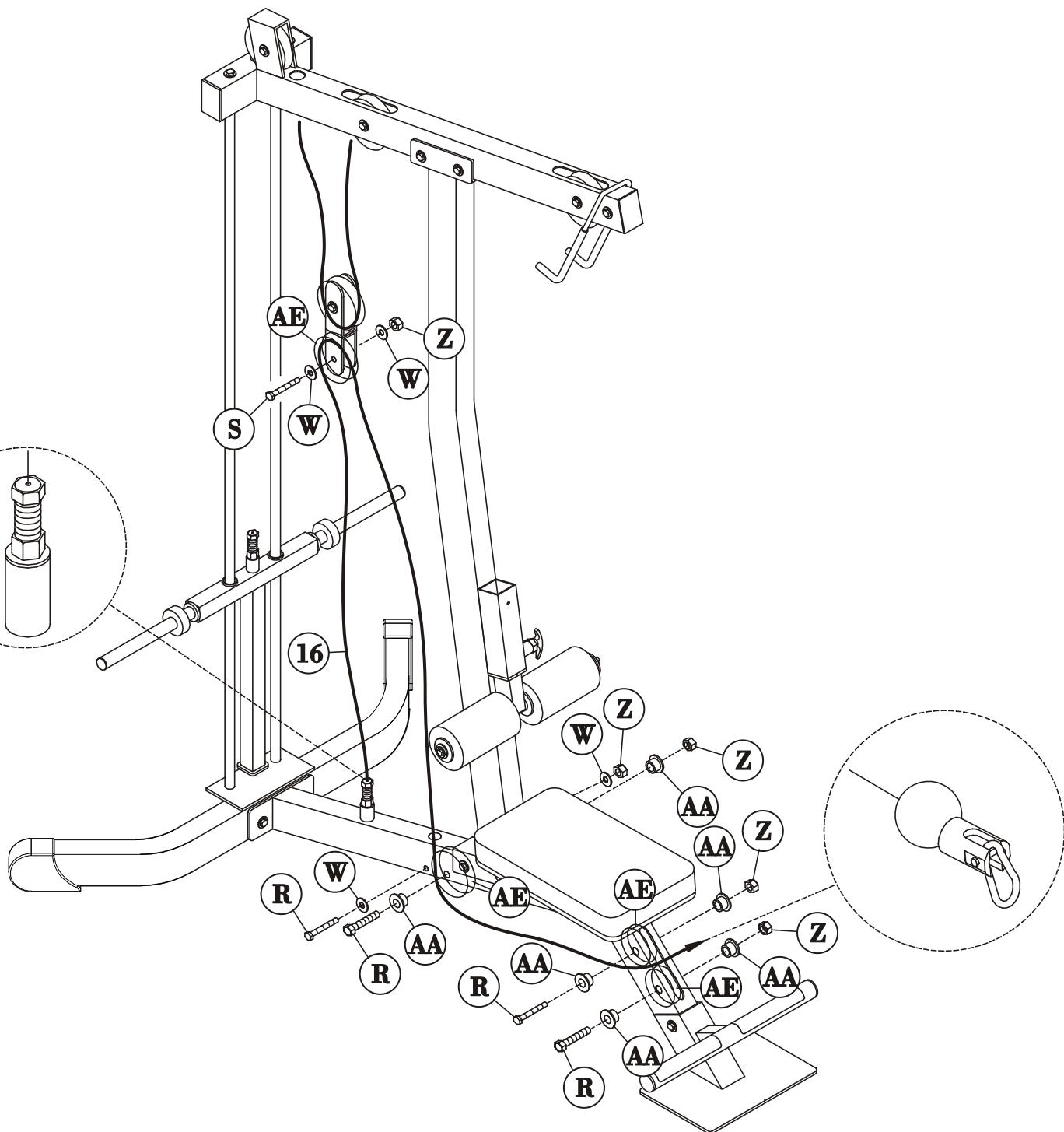


⑯ CABLE #1 (LAT CABLE)

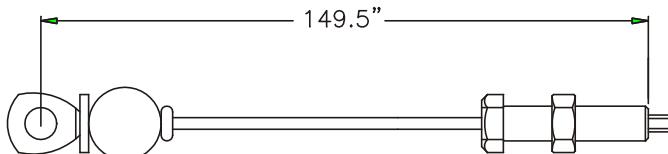


ASSEMBLY

M A N U A L



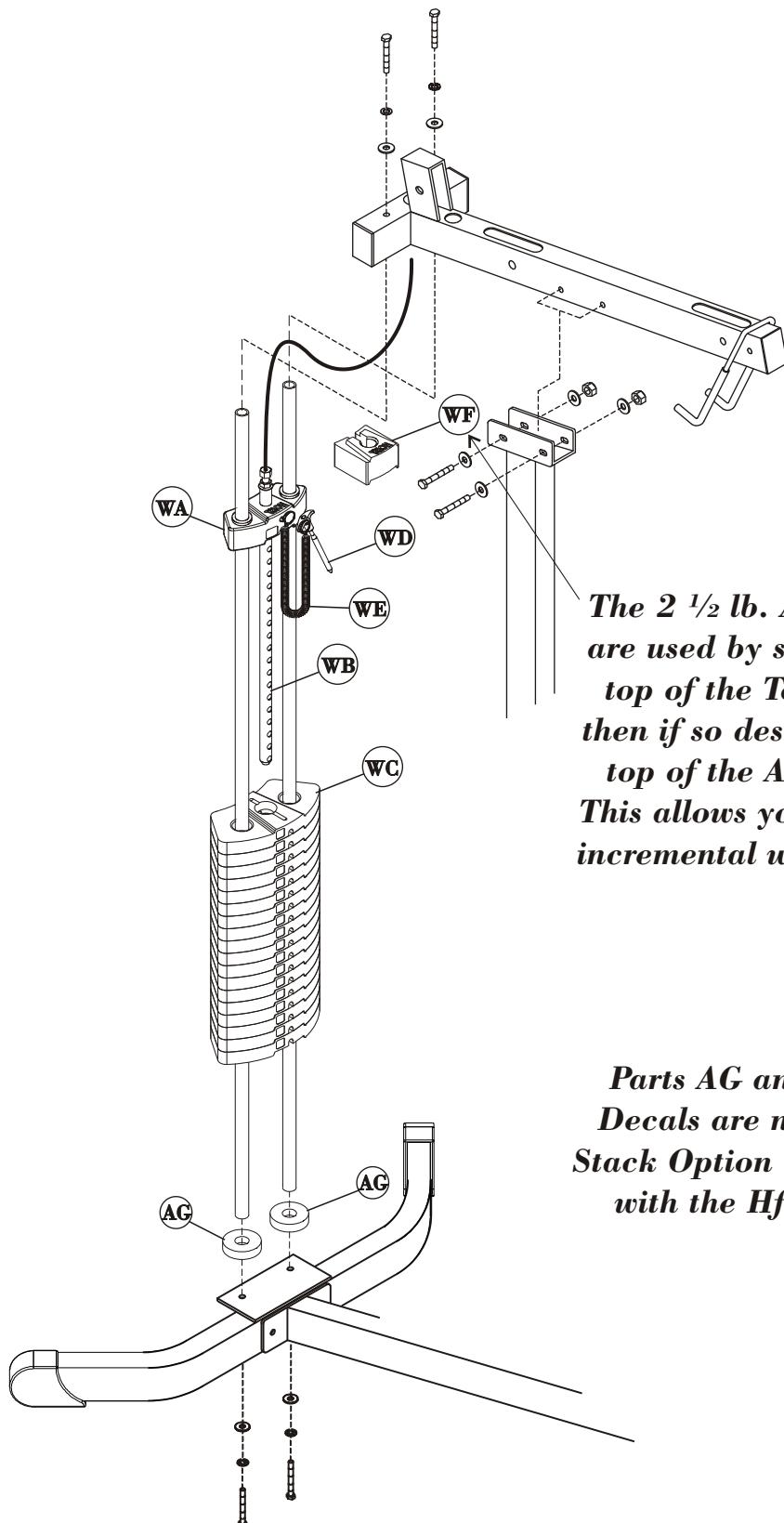
⑯ CABLE #2 (LOW ROW CABLE)



ASSEMBLY

M A N U A L

WEIGHT STACK OPTION



The 2 1/2 lb. Add-on Weights are used by saddling one on top of the Top Weight and then if so desired another on top of the Add-on Weight. This allows you to do smaller incremental weight increases.

Parts AG and the Weight # Decals are not in the Weight Stack Option boxes. They come with the Hf201 Main Unit

ASSEMBLY

M A N U A L

PARTS LIST

<u>Key #</u>	<u>Qty</u>	<u>Part Number</u>	<u>Description</u>
1	2	26-STD-02-0229D	SWIVEL PULLEY BRACKET
2	1	26-STD-04-0524	ROLLER AXLE
3	1	26-STD-04-0529A	LAT BAR
4	1	26-STD-04-0622	STRAIGHT BAR
5	1	26-STD-04-0636	WEIGHTS CARRAIGE
6	1	26-STD-04-0762	SEAT FRAME
7	1	26-STD-04-0763	FOOTREST
8	1	26-STD-04-0764	BENT BASE TUBE
9	1	26-STD-04-0765	MAIN UPRIGHT
10	1	26-STD-04-0766	TOP TUBE ASSEMBLY
11	1	26-STD-04-0767	ROLLER ADJUSTER
12	2	26-STD-04-0768	3/4 DIA. X 70" TAPPED B.E.
13	1	26-STD-07-0105	SEAT PAD (Stapled Vinyl Backing)
14	2	26-STD-SUR407	ROLLER PAD - OD φ 4" x ID φ 23 x 7" L
15	1	26-STD-13-0058-1	#1 CABLE, LAT
16	1	26-STD-13-0058-2	#2 CABLE, LOW ROW

ASSEMBLY

MANUAL

HARDWARE LIST

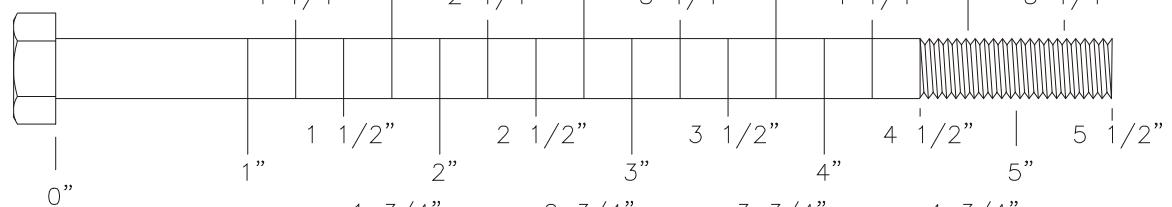
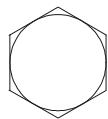
<u>Key #</u>	<u>Qty</u>	<u>Part Number</u>	<u>Description</u>
A	1	26-STD-05-0048	Swivel Pulley Connectors
B	1	26-STD-11-0018	Pull Pin
C	2	26-STD-06-0046	3/8" x 4" Sleeve - ID 10mm x 110mm L
D	2	26-STD-06-0162	Round Endcap 38mm
E	2	26-STD-06-0161	Round Endcap 1"
F	1	26-STD-06-0076	Endcap 45mm x 75mm
G	3	26-STD-06-0108	Endcap 50mm x 75mm
H	2	026-01PL0254	Full Radius Foot Cap 50mm x 75mm
I	2	26-STD-06-0135	Easy Glide Adjuster Sleeve - 26.5mm x 49mm x 204mm L
J	1	26-STD-06-0136	Endcap 38mm
K	1	26-STD-06-0129	Bumper -45mm L x 25mm W x 8.0mm t
L	2	26-STD-06-0167	Bushing Endcap - 28.7mm x 20mm x 54mm h
M	2	19-GRP-131	Comfort Grip - ID 25.4mm x 345mm L
N	2	19-GRP-61	Comfort Grip - ID 25.4mm x 150mm L
O	2	26-STD-06-0166	1" Guide Rod Bushing - 45mm x 18.5mm x 13mm h
P	2	26-STD-10-0091	Non-skid Rubber Strip (Black) -50mm W x 203mm L x 1.2mm t
Q	8	11-HEX-383	Hex Bolt - 3/8" - 16UNC x 3" L
R	7	11-HEX-38234	Hex Bolt - 3/8" - 16UNC x 2 3/4" L
S	3	11-HEX-382	Hex Bolt - 3/8" - 16UNC x 2" L
T	6	11-HEX-381	Hex Bolt - 3/8" - 16UNC x 1" L
U	2	11-HEX-5161	Hex Bolt - 5/16" - 18UNC x 1" L
V	2	13-FND-38112	3/8" Fender Washer
W	30	13-FLT-38USS	3/8" Flat Washer, USS,
X	2	13-FLT-516USS	5/16" Flat Washer, USS
Y	6	13-LOK-38	3/8" Lock Washer
Z	18	12-LOK-38	Nylon Lock Nut - 3/8" x 11mm t
AA	10	26-STD-08-0010	Flange Oilite - 16.2 x 10 x 15.5h
AB	1	20-SNP-516	Snap Link
AC	1	26-STD-05-0131	Chain - 20 Links
AD	4	26-STD-06-0027	Plastic Fender Washer - 60 x 25.7 x 3.0t
AE	5	18-PUL-312	3 1/2" Pulley
AF	3	18-PUL-412	4 1/2" Pulley
AG	2	26-STD-06-0153	Bumper - 63mm x 26mm x 16mm h
AH	1	26-STD-13-0058	Pull Down Cable - 103" (2615mm)
AI	1	26-STD-13-0058	Low Row Cable - 149.5" (3800mm)

ASSEMBLY

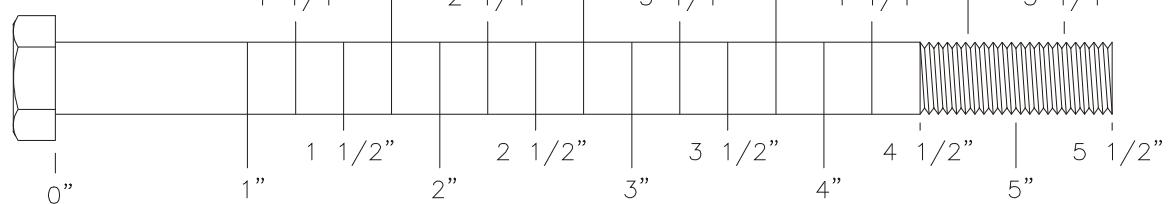
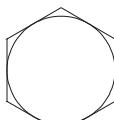
M A N U A L

B O L T S I Z I N G C H A R T

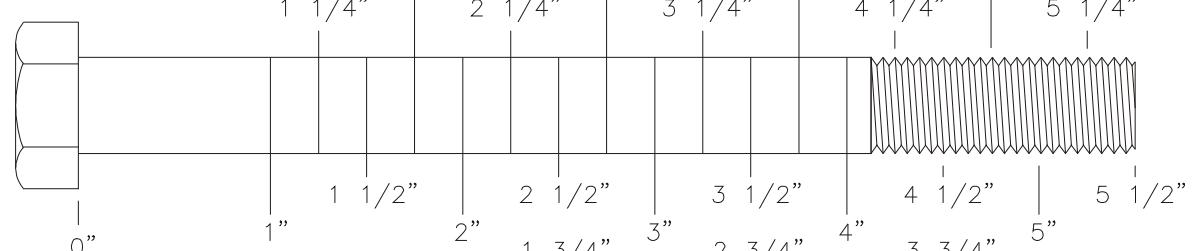
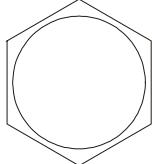
5/16" HEX BOLT



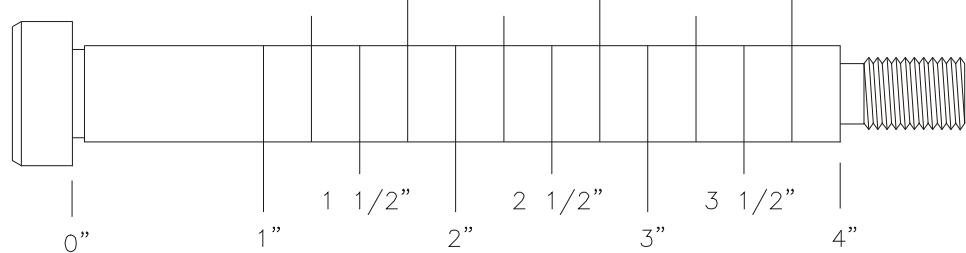
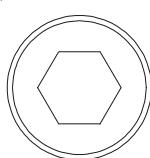
3/8" HEX BOLT



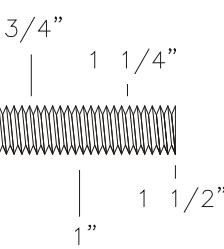
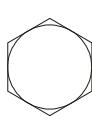
1/2" HEX BOLT



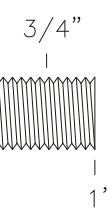
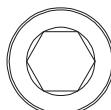
1/2" SHOULDER BOLT



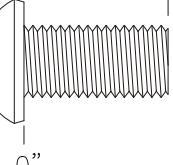
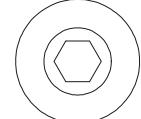
1/4" HEX BOLT



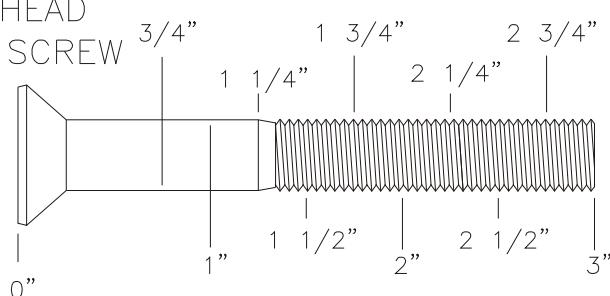
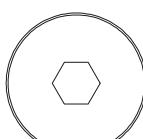
3/8" SOCKET CAP SCREW



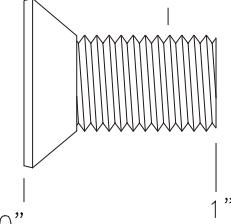
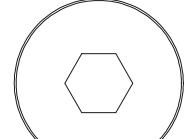
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



1/2" FLATHEAD SOCKET CAP SCREW

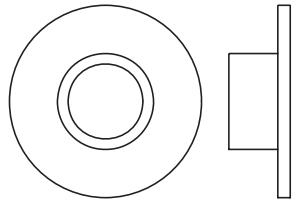


ASSEMBLY

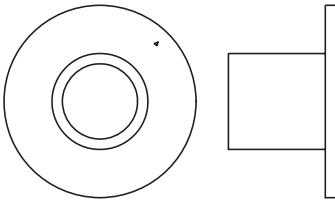
M A N U A L

W A S H E R S I Z I N G C H A R T

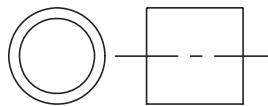
1/4" LONG FLANGED
PULLEY SPACER



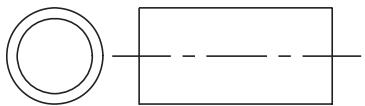
1/2" LONG FLANGED
PULLEY SPACER



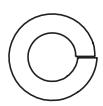
1/2" LONG
PULLEY SPACER



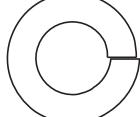
1" LONG
PULLEY SPACER



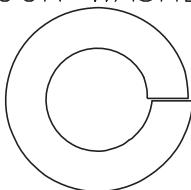
1/4"
LOCK
WASHER



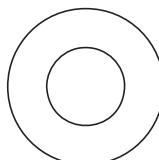
3/8"
LOCK
WASHER



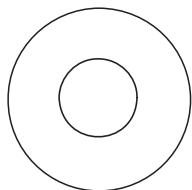
1/2"
LOCK
WASHER



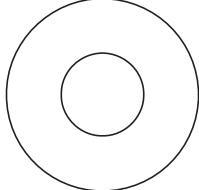
5/16"
FLAT
WASHER



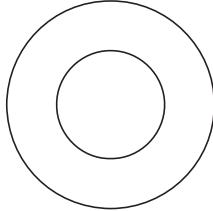
5/16"
FLAT
WASHER
LARGE, USS, 25mm



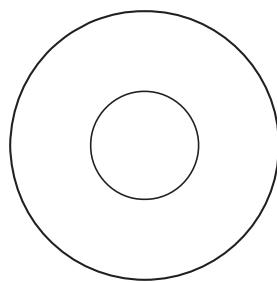
3/8"
FLAT
WASHER



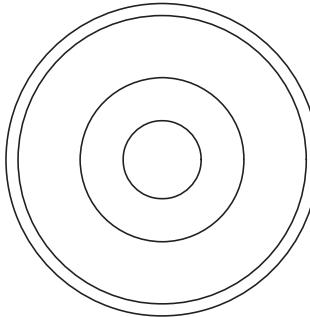
1/2"
FLAT
WASHER
SMALL, SAE, 26mm



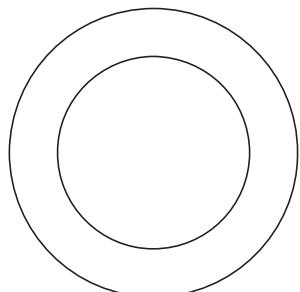
1/2"
FLAT
WASHER
LARGE, USS, 34mm



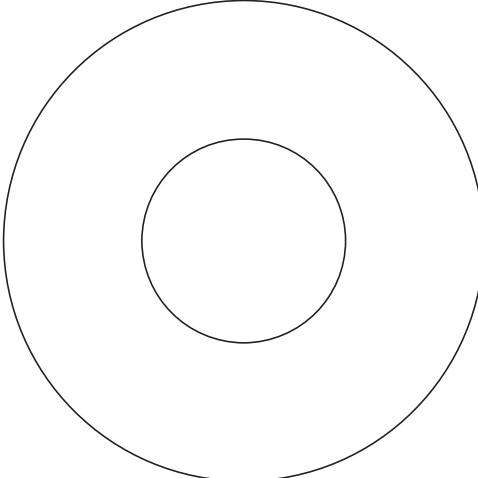
1 5/8" ALUMINUM
FLATHEAD CAP



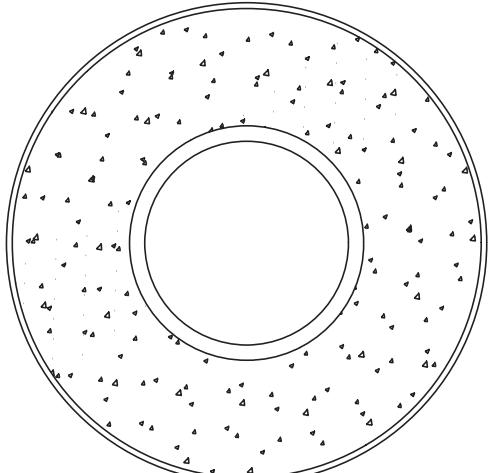
3/8" FENDER WASHER



1 1/16"
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER



1" SHIM WASHER

ASSEMBLY

MANUAL

DECAL REFERENCE

These decals have been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003117



021-0003105-Y

NOTICE		Yearly	Monthly	Weekly	Monthly	Yearly
COMMERCIAL MAINTENANCE						
Inspect:	Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins					
Clean:	Upholstery					
Inspect:	Accessory Bars and Handles					
Inspect:	All Decals					
Inspect:	All nuts and Bolts tighten if Needed.					
Inspect:	Anti-Skid Surfaces					
Clean & Lubricate:	Guide Rods with a Teflon (PTFE) based lubricant (Superlube)					
Lubricate:	Seat Sleeves, Turcite Bushings, Linear Bearing					
Clean & Wax:	All Glossy Finishes					
Repack with Grease:	Linear Bearings					
Replace:	Cables, Belts and Connecting Parts.					

021-0003104



SERIAL # DECAL



ASSEMBLY

MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY							
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY								
Clean; Upholstery	DAILY	WEEKLY								
Inspect; Cables or Belts and their tension	DAILY	WEEKLY								
Inspect; Accessory Bars and Handles	WEEKLY	3 MONTHS								
Inspect; All Decals	WEEKLY	3 MONTHS								
Inspect; All Nuts and Bolts, Tighten if Needed	WEEKLY	3 MONTHS								
Inspect; Anti-Skid Surfaces	WEEKLY	3 MONTHS								
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS								
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS								
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY								
Rearrange with Grease; Linear Bearings	6 MONTHS	YEARLY								
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS								

*Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.*

ASSEMBLY

MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Guide Rods:

- * Wipe clean with a dust free rag. Lubricate once a week with a silicon or Teflon based lubricant.

Decals:

- * Inspect and familiarized yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Cables:

- * Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.
- * Visually inspect the cable for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.
- * Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.

ASSEMBLY

MANUAL

Continued: GENERAL MAINTENANCE INFORMATION

Cable Tension:

* Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.

* Check slack in cables and readjust cable tension if needed.

Seat Sleeves, Turcite Bushings:

* Wipe down adjusting tubes with a dust free rag before applying lubricant.

* Lubricate seat sleeves and turcite bushings with a silicon or Teflon based lubricant spray.

Linear Bearings:

* Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS.

ASSEMBLY

MANUAL

HOIST FITNESS SYSTEMS **LIMITED LIFETIME WARRANTY**

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:

www.HOISTFITNESS.com

and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.

Refer to the instructions page of your owners manual or consult with your fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS